



Southeast Region EMS Council

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26th Annual EMS Symposium

Pre-Symposium: April 21–22, 2010

Symposium: April 23–24, 2010

Location: Juneau, Alaska

As a result of the successes in Wrangell and Ketchikan, the SEREMS Board of Directors has chosen to take Symposium 2010 on the road again—this year to the state capital. SEREMS is excited to offer this educational opportunity to the Juneau community. Course content will be focused on cardiac resuscitation and injury prevention. Lectures and skill stations centered around the Seattle/King County Cardiac Arrest Resuscitation Academy will offer the Southeast Alaska healthcare and prehospital provider methods to integrate their proven practices into our patient care and emulate the success of these programs.

In addition to the traditional clinical and prehospital tracks, Symposium will offer courses tailored for the search and rescue and industrial EMS provider. *ICS 100/200*, *ICS Drills* and *Urban Avalanche Response* will provide essential information for the Southeast Alaska search and rescue and industrial EMS provider. Make sure you're ready for your next response!

Symposium will also offer several interactive courses. Don't miss Greg Friese's *Creating Visual Case Studies*, Dr. Kriegsman's *Combat Resuscitation*

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Scenario, and *Grocery Store Moulage*. *Creating Visual Case Studies and Grocery Store Moulage* will make your classroom more interactive and increase student participation, while *Combat Resuscitation* will challenge the EMS provider's skills in a challenging environment.

As always, Symposium will provide opportunities for socializing, networking, and a little competition. Don't miss out on the annual Awards Banquet, which affords us the opportunity to recognize exceptional Southeast Alaska medical providers. Visit the Laerdal vendor table for compete in the CPR skills competition (prizes will be awarded). And finally, earn those much-needed CMEs and CEUs.

Registration will be entirely online this year, so visit the website for registration forms, course content updates, award nomination forms, and Alaska Airlines discount codes.

We look forward to seeing you in Juneau!

Wendy Natkong

The Alaska EMS community has lost a dear friend and colleague. Wendy Natkong passed this December as a result of complications of multiple sclerosis. Although Wendy lived in many locations, she always considered Alaska home. For much of her time in Alaska, Wendy was the EMS educator for SEREMS and a paramedic. Wendy is survived by her husband and three children. Wendy will be greatly missed.



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From the Executive Director's Desk...

The beginning of a new decade brings changes to the region. Staff change-over, reorganization of the State IPEMS office, and the increasing costs of training are some of the challenges we face. Exciting opportunities are lining up for the SEREMS Annual EMS Symposium this year in Juneau.

Several years ago, the SEREMS Board of Directors decided that taking the Symposium 'on the road' might increase our ability to offer high-caliber educational offerings to EMS, clinical, and hospital personnel while reducing the travel/housing costs to the communities. Since then, the Symposium has been scheduled in Ketchikan, Wrangell, and now Juneau during the 'even' years. The Symposium returns to Sitka on the 'odd' years. This has proven to be a successful way to deliver medical education and gives others within the region an opportunity to observe and learn from the hosting community. This year, we take our EMS road show to Alaska's capital and we are focusing on improving survival from cardiac arrest.

In late 2009, we received word that a former employee, Wendy Natkong had passed away. Wendy worked as the Regional Training Coordinator here at SEREMS and was passionate about EMS. The students she touched and the projects she nurtured helped form the foundation of SEREMS. She will be missed.

In 2010, work will continue on the development of the Statewide EMS database. Collection of this data is critical to determining EMS' role in patient outcomes and also guides medical protocols, funding, and direction for training. Without data, we aren't able to prove that EMS makes the difference that we all believe it does; this will be a priority in the region.

Mark your calendars for the symposium in Juneau - April 23 and 24, 2010. There's a lot to look forward to in 2010.

Happy New Year!
Bobbi Leichty
Executive Director - SEREMS

Interior Region Symposium

March 24-27, 2010

Fairbanks, Alaska

EMS Week

May 16-22, 2010

State EMS Symposium

Date to be announced

Anchorage, Alaska

EMS for Children Day

May 19, 2010

News and Information

SEREMS Staff Update

You may have noticed some new voices answering the phones at the SEREMS office. With the loss of Arllen, Emily, and Lisa; Duane, Jana, and Keturah have joined the SEREMS team. Arllen Fazzini has resigned from her position as Finance Manager as a result of her relocation to Anchorage. Duane Wahlman has moved back to Sitka and will fill the Finance Manager position. Many of you may remember that Duane acted as Finance Manager from 1998–2002 before moving to Washington state. With Emily's acceptance to graduate school, Jana Harshey serves as Assistant Training Coordinator. Jana is a very active member of the EMS and fire divi-

sions of the Sitka Fire Department and the Sitka Mountain Rescue Team. She will bring her expertise and enthusiasm to the Assistant Training Coordinator position. SEREMS is also happy to welcome Keturah Sadler to the SEREMS family. Keturah is the SEREMS Prince of Wales Island Coordinator from her home in Thorne Bay. She serves as a very important link in communication between the POW community and the SEREMS office. Finally, Lisa (Administrative Assistant) has moved to Arizona to pursue a nursing degree. While we are sad to lose Arllen, Emily, and Lisa; we are excited to welcome Duane, Jana, Keturah.

Changes to the State EMS Office

Article by: Bobbi Leichty, Executive Director

The Chief of IPEMS, Tim Bundy, recently resigned from his position in Juneau. With his departure, the section is undergoing a reorganization. The Regional Directors from Southern, Interior, and Southeast Alaska met with the Commissioner, Director, and Deputy Director of Public Health in late November and early December. During these meetings, the plan for changes to the Injury Prevention and EMS offices was discussed and some crucial questions addressed. The following is a brief of those conversations:

The EMS section will be moved to a new section tentatively named, Preparedness and EMS. Sally Abbott is the Chief of that section and will oversee the office duties. Her office is in Anchorage; however, the EMS offices will remain in Juneau.

Although funding for the regional offices will be

maintained, there will be changes to how grants are managed and overseen. We are reassured that the State does not intend to cut our funds or programs.

The future administrative home of Injury Prevention has not been decided. No decision will be reached on that matter until January.

We discussed the need for continuation of critical activities such as the Aurora Project (statewide data collection), certification processes of individual providers and services, regulation updates, and Code Blue; these important projects will continue.

As the State sorts through the details and decisions related to the reorganization, I encourage you to contact your regional office if you have any questions regarding this matter. The Regional Directors will maintain an open line of communication with the State EMS Office to provide them with information essential to improve delivery of EMS in the State.

Coming Soon: SEREMS will offer an ambulance billing service

Education Scholarships Available

SEREMS has scholarship funding available for EMS volunteers in SE Alaska. Volunteers may receive 50 to 100 percent reimbursement for EMS training, tuition, and travel costs (maximum reimbursement of \$500). To receive a scholarship, the following conditions must be met:

The individual must...

- Be a volunteer with an EMS, Fire, or Rescue Organization in SE Alaska
- Have a letter of support from the organization to which the individual belongs
- **Prior to the course**, complete and mail a scholarship application to our office (a minimum of two weeks before course date)
- Students will be notified by email, mail, or phone if their scholarship application has been approved or declined
- **After the course**, provide documentation showing expenses incurred for approved training and proof of course completion in order to receive reimbursement

In addition...

- The current community profile report for the community the individual represents must be on file at the SEREMS office
- Only one scholarship will be awarded per person between July 1st and June 30th of any year
- Priority will be given to scholarships requested for primary education (ETT & EMT I, II, III), then secondary education areas (EMS specialty courses, preceptorships, rescue courses, and clinical courses)
- Awards are granted on a first come/first serve basis, depending on funding availability
- Awards must be used on SEREMS sponsored courses or preceptorships where available
- Applications may be obtained from our office via mail, fax, or e-mail. (An application has been included with this newsletter)

Please visit our website or call the SEREMS office for an application and more information. Scholarships can be downloaded at www.serems.org then following the link to the Scholarships page.

Southeast EMS Award Nominations

Do you know an individual or organization that deserves recognition? The Awards Banquet at the Southeast Region EMS Symposium affords us the opportunity to recognize those who have made outstanding contributions to communities and fellow Alaskan's lives. To nominate an individual or a group, please complete an award nomination form and return it to SEREMS Council before **Monday, March 22, 2010**. For complete award descriptions and award nomination forms, visit the SEREMS website, www.serems.org/symposium.

- **Clinical Provider of the Year**
- **Prehospital Provider of the Year**
- **EMS Service of the Year**
- **Neighbor Helping Neighbor**
- **Generous Heart Award**



Whale Pass EMS, Special Commendation Recipients 2008

Resuscitation from Sudden Cardiac Arrest

Article by: Anjela Johnston, Training Coordinator

Last October, James Kleinschmidt, Bobbi Leichty, and I spent a week in Seattle learning about King County and Seattle Fire Department's approach to resuscitation. Both Seattle Fire Department and King County have worked at resuscitation diligently for years; and as a result, successful resuscitation of witnessed ventricular fibrillation (VF) is 46%. How did they do this, and could we replicate their success here? During our visit, we learned some key components of their success.

Resuscitation efforts center around chest compressions. We all know this is the key to implementing AHA Guidelines 2005, but their approach is innovative:

-> *Pauses in compressions are extremely brief.* Ventilations, intubations, and other interventions are performed during compressions, unless it cannot be avoided. For Seattle Medics, exceptions to this policy are followed by an opportunity to explain extenuating circumstances to Dr. Copass.

-> *Manual defibrillation.* AEDs take ~23 seconds to analyze and shock. The first priority of the responding ALS crew is to switch to manual defibrillators to avoid this delay. Some are suggesting compressing through the charge cycle, or delivering a few compressions just before the shock.

-> *Training.* It's been said that competence is the enemy of excellence. Teams practice skills until they are excellent. They use new Laerdal Skill Reporter manikins to verify compression rates, depth, and continuity.

-> *Community involvement.* Bystander CPR rates are extremely high in the Seattle area, as a result of tremendous community training efforts of both municipalities.

-> *Data.* Meticulous record-keeping and thoughtful analysis of data—from participation in the Resuscitation Outcomes Consortium to measurement of response times, track which interventions improve patient outcomes.

-> *Strong and involved medical direction.* Medical directors have the responsibility, the authority, and the means to hold the entire system accountable for care provided to each patient. Medical directors are passionate about safeguarding accountability.

-> *Expectation of success.* Patients suffering a witnessed VF arrest are treated with the expectation that the patient will walk out of the hospital. When the outcome is different, people ask questions. From medical directors to EMS crews to data managers, individuals are empowered and expected to ask, "What could we have done differently? Should we do anything differently next time to give patients a better outcome?"

In Southeast Alaska, we do not have Seattle's resources. What *can* we do? Which of their practices can we model to increase our VF resuscitation? This are some of the questions we'll explore during the Resuscitation Academy at the Southeast Region EMS Symposium. Join Dr. Michael Copass, Dr. Thomas Rea, and Lt. Jonathan Larsen, and Norm Nedell as they show us how to bring the keys to Seattle's success to Southeast Alaska.

Emergency Nursing Pediatric Course (ENPC) and AHA BLS-Instructor Scheduled in Juneau

Bartlett Regional Hospital will offer an Emergency Nursing Pediatric Course (ENPC) February 4th-5th. Cost for the course is \$225. BRH is also offering a BLS-Instructor course just before symposium, on April 20th. Cost is \$175. Contact Staff Development at 796- 8422 or email Staffdevelopment@bartletthospital.org to register for either of these classes.

Regional Training Calendar

Level	Type	Start Date	End Date	Test Date	Closed	Instructor	Location
EMT-1	Bridge	9/8/09	2/5/10	2/13/10	No	Churchill	Wrangell F.D.
EMT-1	Initial	9/15/09	4/24/10	4/24/10	No	Churchill	Wrangell
EMT-1	Initial	1/9/10	1/25/10	1/26/10	No	Moore	Tenakee Springs
ETT	Initial/Refresher	1/11/10	1/16/10	1/16/10	Yes	Tate	AMHS Ketchikan
EMT-1	Refresher	1/11/10	1/16/10	1/16/10	Yes	Tate	AMHS Ketchikan
EMT-1	Initial	1/12/10	5/5/10	5/2/10	No	Raschick	MEHS Sitka
ETT	Initial	1/12/10	5/5/10	5/2/10	No	Raschick	MEHS Sitka
ETT	Initial/Refresher	1/25/10	1/30/10	1/30/10	Yes	Tate	AMHS Ketchikan
EMT-1	Refresher	1/25/10	1/30/10	1/30/10	Yes	Tate	AMHS Ketchikan
EMT-1	Initial/Refresher	1/25/10	3/27/10	3/27/10	No	Janik	Sitka
EMT-1	Initial	1/25/10	5/1/10	5/1/10	No	Blattner	Juneau
EMT-1	Refresher	2/15/10	2/19/10	2/19/10	No	Tate	Ketchikan
ETT	Initial	2/15/10	2/19/10	2/19/10	No	Tate	Ketchikan
MICP	Refresher	2/15/10	2/20/10	2/20/10	No	Hull	Ketchikan
EMT-1	Bridge	4/15/10	5/1/10	5/1/10	No	Workman	Ketchikan
Symposium		4/20/09	4/24/09		No	SEREMS	Juneau

Make Your Community Famous!

SEREMS is seeking images from your community to use in a slideshow at our Awards Banquet

EMS: Send us pictures of past or present training, EMS rigs, makeshift items, your fire department, your responders, or whatever comes to mind when you think EMS

Key: Include a key of what or who is featured in each photograph

Forms: Photograph release forms are available from our office or for download at www.serems.org/symposium

Avoid: Please, no pictures of patients

SEREMS reserves the right to cancel any Pre-Symposium or Symposium Session. Cancellations may be due in part, but are not limited to an inadequate number of students, cancellations of an appearance by a speaker, or other circumstances beyond our control.

26th Annual Southeast Region EMS Symposium

Visit the SEREMS website for the latest updates on symposium schedules, course descriptions, and faculty information. Registration opens on the SEREMS website February 1st.

www.serems.org

Selected Course Descriptions

Airlift Northwest Academy

After the success of last year's Airlift Northwest clinical nursing workshop, ALNW will again present clinical topics based upon ALNW's Core Curriculum for flight nurses. Topics were chosen based on suggestions from Southeast Alaska nurses and will include in-depth coverage of EKG interpretation, cardiac and post-arrest care, and abdominal compartment syndrome. The course will include skills labs and case scenarios.

Dr. Anthes' Case Reviews

Dr. William Anthes of Ketchikan General Hospital will present case studies that highlight the clinical decision-making process. In this interactive presentation, the audience will be asked to participate in directing the course of treatment ranging from initial triage to transport decisions. Don't miss this opportunity to learn from Dr. Anthes' extensive experience.

Pediatric Education for Prehospital Providers (PEPP)

Pediatric Intensivist Dr. BJ Coopes of Children's Hospital at Providence Alaska Medical Center will lead us in this comprehensive course on prehospital medical information for the emergency care of infants and children. This class was developed by the American Academy of Pediatrics to give EMS responders the education, skills, and confidence they need to effectively treat pediatric patients. The illustrious Dr. Coopes will provide additional pediatric topics during symposium.

Incident Command System 100 & 200

This short interactive course promises to offer providers with understanding of incident command system (ICS) principles more effectively than online courses. For many EMS and fire positions, these FEMA offerings are required courses. ICS 100 will introduce the participant to the ICS system and provide a basis for further ICS training. ICS 200 provides training for those who will adopt a supervisory position during ICS operations.

EMS Prevention

Work your way out of a job! Fire prevention has been proven effective for many years; however, there has never been a major movement towards EMS prevention. Learn tips and tricks to improve the health of your community and reduce accidental injuries.

Urban Avalanche Response

Bring your cold weather gear! This outdoor hands-on event will incorporate Just-In-Time training and an avalanche response scenario. Tom Mattice, Avalanche Forecaster with the City of Juneau, will lead this interactive event.

Combat Resuscitation

Dr. Bill Kriegsman will draw upon his years of military experience to coordinate a combat resuscitation scenario. Kriegsman has been deployed three times with the United States Army Medical Corps. This moulage-intense scenario will simulate the chaos, noise, and pandemonium that often impede emergency medical care; it will be both fun and challenging. Be ready for an adrenalin rush.

Grocery Store Moulage

Commercial moulage kits are expensive, complicated, and often don't meet the instructors needs. Have less than 30 minutes before your drill starts? Provide professional quality moulage using supplies readily available at your local grocery store. Learn how to make realistic-looking blood, burns, eviscerations, fractures, penetrations, and pre-made reusable wounds. Have a great moulage trick? Come share it with the class during the interactive workshop.

Resuscitation Academy

The resuscitation academy will draw upon the intensive week-long Seattle/King County Cardiac Resuscitation Academy curriculum, presenting pertinent principles for the Southeast Alaska medical community. Learn how years of research and intervention analysis have resulted in Seattle/King County having one of the nation's highest rates of successful cardiac arrest resuscitations.

-> Dr. Michael Copass of Seattle's Medic One Program will present clinically induced hypothermia/patient chilling. Copass will share progress/results of prehospital hypothermia following resuscitation and relay what has been learned about post-arrest care of patients in hospitals and clinics. Dr. Copass will also present the latest information on new resuscitation technology.

->Dr. Thomas Rea, Program Medical Director for King County, will discuss evidence-based interventions to improve outcomes for cardiac arrest patients and the future of arrest management: changing roles for the clinical and prehospital healthcare providers. Dr. Rea will also partner with Dr. Copass to guide a medical director's forum on barriers and opportunities to improvement.

->Seattle Fire Department's Lt. Jonathan Larsen and Paramedic Norm Nedell will demonstrate how to incorporate cardiac arrest management training practices from their paramedic program into training for all prehospital and clinical responders. Learn the Copass Line and techniques to minimize hands-off time, and test your CPR prowess against the state-of-the-art Laerdal Skillmaster manikin.

Visual Case Studies

Greg Friese is the founder and president of Emergency Preparedness Systems, LLC. Friese has presented at the National Association of EMS Educators and has contributed to Wilderness Medical Associates, JEMS, EMS1.com, and EMSlive.com. *Visual Case Studies* will provide insight into creating multi-media presentations using equipment that you already have—PowerPoint and a digital camera; this interactive presentation will help improve instructor's student participation and knowledge retention.

Lodging

The Westmark Baranof is the host hotel for Symposium 2010. In order to receive discounted Symposium rates, you must mention that you are a Symposium participant. Discounted rooms are limited, so please make reservations early!

Westmark Baranof Hotel
 127 North Franklin Street
 Juneau, Alaska 99801
www.westmarkhotels.com/juneau
 (907) 463-6208
 Reservations at (800) 544-0970 or online
 Group code SORE042110



Mendenhall Glacier in Juneau

Travel

Juneau is easily accessible via various routes.

- Alaska Airlines offers daily jet service from several Southeast communities. A special discount has been arranged with Alaska Airlines for symposium participants. Visit the Alaska Airlines website to book symposium travel early.

www.alaskaair.com
 Discount Code: ECCMB1139

- Several independent airlines offer charter services from Southeast communities.
- The Alaska Marine Highway System ferries stop regularly in Juneau. Visit their website for schedules and booking information.

www.dot.state.ak.us/amhs/

- Please contact the Juneau Convention and Visitors Bureau for more information about visiting Juneau.

Juneau Convention and Visitors Bureau
 1-888-581-2201
www.TravelJuneau.com

Continuing Medical Education Credit (CMEs) & Continuing Education Units

Continuing Medical Education credits (CMEs) are being arranged for EMTs, paramedics, nurses, physician assistants, and physicians. EMT CMEs are being sought from the State of Alaska, CE for nurses from the California Board of Registered Nursing Education Program and physician and physician assistant continuing education credits from the American Association of Family Physicians, which is equivalent to a Category One CME from the American Medical Association.

Presentation Learning Objectives will be available for review at SEREMS website.

www.serems.org

SOUTHEAST REGION EMS COUNCIL, INC.

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Our office is open Monday - Friday
from 8:30 - 4:30pm

Visit our website to find information about Southeast Region EMS Council's:

- Training
- Grants
- Scholarships
- ETT/EMT Instruction Materials
- AHA Instruction
- Symposium
- Comfort One® Program
- Photo Gallery
- Community Contacts
- Code Blue
- Data Collection